

To: City Private School Parents

Date: 09th April, 2025

Subject: Promotion of healthy eating in school

Dear Parents/Guardians,

It is well recognized that a healthy diet not only promotes the health of children but also prevents future problems of Obesity, Heart Diseases, Diabetes, Cancer and many other chronic diseases. However, our regular observation shows that students are not eating very healthy food in school. We kindly urge all parents to be attentive to the food items being packed for your children school lunches, as well as their overall dietary habits

We believe that good nutrition is a cornerstone of effective learning, and we are committed to partnering with you to ensure our students thrive both academically and physically. Eat regularly and drink plenty of fluids to avoid dehydration. A food plate contains fresh fruits, grains, vegetables and meat (or its substitutes like cereals, pulses, nuts etc.). Follow the given healthy food plan for your child's health:

Encouraged foods	Discouraged foods
Fresh fruits	French fries
Vegetables	Chocolates
Meat, fish and eggs	Butter cookies
Cereals, pulses and nuts	Candies
Rice	Cupcakes
Pasta	Artificial juices
Low fat milk, almond milk & soy milk	Fried snacks
Natural juices	Burger, noodles, pizza



Regards,
City Private School – Clinic.